



Good for You!

Save More at the Store

We all feel as if we could use a little more money and time when it comes to providing food for our families. In this newsletter we will explore ways to make the most out of our resources. Here are some tried and true tips that can help!

Before you go to the store

- Plan ahead by making a menu for the week.
- Check your cabinets and refrigerator for ingredients.



- Make a list of the foods you need to buy.

Hint: Keep adding items to the list as you run out.

- Check store specials in weekly flyers or newspapers. Sometimes a special sale may make it worth your while to change your menu.

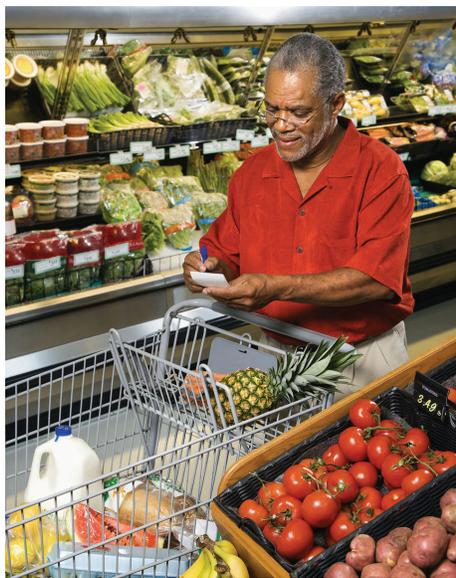
Hint: If the store is out of a sale item, ask for a “rain check.” It is the store’s promise to sell you the item at the sale price when more come in.

- Limit shopping at convenience stores, they usually have higher prices.

Hint: Try not to shop when you are hungry—everything looks good and you’ll be tempted to spend more!

At the store

- Shop when the store is less busy to save time.



- Shop from your list every time! This helps avoid extra trips to the store. You’ll save on gas and time.

- Read the labels. A larger size item is not always the best buy.
- Check unit prices. It can help you choose the best buy. *(Read more about unit pricing on page 2)*



- The most expensive brands are at “eye level” on the shelves. Look on higher and lower shelves for the best buys!

- Compare generic, store and name brands. You may be surprised which is least expensive.

- Buy fresh fruits and vegetables in season. Buy canned or frozen anytime.

- Limit soda and chips—even on sale—they can increase your food bill and your waistline.

- Ask when your store reduces meat prices for quick sale—a good time to shop.

Hint: Watch the register or check your receipt. Mistakes do happen.

Want a quick and easy way to find a best buy?

Look for the unit price listed on the grocery store shelf below a food item.

A unit price is the cost of an item per pound, ounce, quart, gallon or some other unit of measure. It is a handy tool for choosing a “best buy” by comparing brands and package sizes. The way the unit price looks may vary from store to store, but it provides the same information:

- ✓ size of package,
- ✓ price of item,
- ✓ how much is in the package and
- ✓ unit price.

Unit Price \$1.23 Per Quart (Reconstituted)	E A C H	Item Price \$.99
6 OZ. 10/17 601838		Frozen Orange Juice  780198 601838

Unit Price \$.86 Per Quart (Reconstituted)	E A C H	Item Price \$1.29
12 OZ. 18/21 601988		Frozen Orange Juice  780198 601988

Which is a better buy? 6 oz. juice for \$.99 or 12 oz. juice for \$1.29?

Answer: 12 oz. juice for \$1.29.

Make-Ahead Crumbled Beef

(recipe contributed by Alice Henneman, University of Nebraska)

One pound lean ground beef
(for extra flavor add chopped onion or green pepper)

Brown ground beef in a large nonstick skillet over medium heat for 8-10 minutes or until thoroughly cooked (160 degrees F), breaking beef into small crumbles. Drain meat well.

Cool and refrigerate beef crumbles promptly in shallow containers (put containers into the refrigerator before the beef is cooled). Loosely cover containers until beef has cooled.

Transfer the cooled beef crumbles to plastic freezer bags, squeeze out the air, label and date package and freeze. Use within 2-3 months for best quality and flavor.

Ways to use beef crumbles: Add to spaghetti sauce, tacos, sloppy joes. Reheat to 165 degrees.

Enjoy!

At Home

You can cut back on your food bill by following a few of these tips.

- Don't toss overripe fruit like bananas, put them in muffins or freeze for later use in fruit smoothies.
- Fix snacks and lunches at home and “brown bag it” to school or work.
- Freeze meat that you won't be using in a day or two.
- Instead of buying expensive luncheon meats, cook a chicken or roast for sandwiches.
- Fix a casserole and freeze half (be sure to label and date).
- Save eating out for special occasions.



- Use coupons for items you normally buy, not for “extras.”
- Before you use a coupon for a name brand item, check that the store brand is not cheaper.
- Make sure you need the item, or it's not a savings!



This material is funded by USDA SNAP. USDA is an equal opportunity employer and provider. SNAP provides food assistance to people with low income. It can help you buy nutritious foods for a better diet. For information, call 1-888-369-4777.



For more information, contact your local Extension Office